

Nutritional Science (Microbiology, Path, 17)

Whole wheat grain \neq wheat grain \neq multigrain \neq 100% whole wheat \neq whole wheat

Whole wheat:

Whole grain is least 51% of the amount of three layers of grain

Consists of three parts of grain:

- Bran: fiber, soluble vitamins
- Endosperm: starch, some protein/vitamins, water minerals
- Germ: most vital part, contains water-soluble fat, acids, B vitamins, vitamins

Processing: bran-then and germ

Why milling?

- Increased shelf life when you process grain
- More palatable
- Less a lot of fiber that is not absorbable in food

Enrichment: not as healthy as whole grain

Enriched you add back:

- B-vitamins
- Iron
- Thiamine
- Zinc
- Folate
- The fiber

Multigrain \neq whole grain (essentially same thing) - that required to contain 51% of the amount of three layers

4 "brands" with whole wheat \neq truly some of a mixture whole grain

100% whole grain: all of it consists of three layers of grain

Wheat:

- Contains 12% moisture
- 10% protein
- Keeps blood glucose from spiking
- Promotes healthy cholesterol
- Shows positive absorption, lower cholesterol and lower risk of heart disease
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Whole Wheat:

- Cholesterol and protein with water/fiber in ground wheat
- Keeps blood glucose from spiking